



Cold Cherry Tomato Soup

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



58 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2.5 cups cherry tomatoes halved
- 2 tablespoons chives fresh divided minced
- 1 garlic clove sliced
- 10.5 ounce low-salt chicken broth canned
- 1 teaspoon olive oil
- 1 cup onion thinly sliced
- 0.3 teaspoon pepper
- 0.3 cup nonfat yogurt plain

- 0.5 teaspoon salt
- 1 cup evaporated skimmed milk
- 0.5 teaspoon sugar

Equipment

- food processor
- bowl
- sauce pan
- ladle

Directions

- Heat the oil in a saucepan over medium heat.
- Add onion, sugar, and garlic; saut 5 minutes.
- Add tomatoes, 1 tablespoon chives, salt, pepper, and broth; cover, reduce heat to low, and simmer 20 minutes.
- Place tomato mixture and yogurt in a food processor, and process until smooth.
- Pour mixture into a bowl; stir in milk. Cover and chill.
- Ladle into individual bowls, and top with remaining chives.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:1.51, Inflammation Score:-5, Nutrition Score:5.7160869059355%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg, Quercetin: 5.9mg

Nutrients (% of daily need)

Calories: 57.81kcal (2.89%), Fat: 1.12g (1.73%), Saturated Fat: 0.24g (1.48%), Carbohydrates: 8.95g (2.98%), Net Carbohydrates: 8.01g (2.91%), Sugar: 5.94g (6.6%), Cholesterol: 1.43mg (0.48%), Sodium: 241.32mg (10.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Vitamin C: 16.96mg (20.55%), Phosphorus: 101.2mg (10.12%), Calcium: 91.49mg (9.15%), Potassium: 317.29mg (9.07%), Vitamin A: 432.17IU (8.64%), Vitamin B2: 0.12mg (6.77%), Manganese: 0.12mg (6.23%), Vitamin B6: 0.12mg (6.15%), Vitamin B12: 0.35µg (5.81%), Vitamin B3: 1.11mg (5.56%), Copper: 0.09mg (4.45%), Vitamin K: 4.54µg (4.33%), Vitamin B1: 0.06mg (4.28%), Magnesium: 16.28mg (4.07%), Folate: 16.26µg (4.06%), Fiber: 0.94g (3.78%), Iron: 0.63mg (3.5%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.48mg (3.18%), Vitamin E: 0.45mg (3.02%), Vitamin D: 0.45µg (2.99%), Selenium: 1.71µg (2.45%)